



Together we will
"Celebrate Life"

April 2016



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MACEC

1004 E. First Street, Merrill WI 54452
Lower Level of Merrill City Hall
(715) 536-4226

Hours: Monday -Thursday 8:00am-4:30pm
or as indicated on calendar.

Find our **Newsletter online** at our City Website
<http://www.ci.merrill.wi.us/>

Click on *City Government/Departments/
Community Enrichment*
scroll to the bottom of our page
and click on the month

You will need Adobe Acrobat Reader to view the newsletter

LIKE US ON FACEBOOK - MACEC Merrill Enrichment

Mission Statement

Serving mature adults
and people in need.

Brings people of all ages together
with compassion and a welcoming spirit,
showing respect, and honoring differences.



Tammie Mrachek, Director
Tammie.Mrachek@ci.merrill.wi.us
Lorri Vandre, Activities Coordinator

Volunteers & Committee Members

Volunteer Shout Out

Thank you to our team of volunteers who make our *intergenerational programs* successful. We love working with MAPS; Washington school after the bell, Pine River Reading Buddies, High School Steve's Friends, and CESA 9 Northern Achievement Center.

Volunteer Team 2016

Elaine Iatoni, Sheri Pudlowski, Leesa Roth, Loretta David, Rhonda Mork, Audie Grawien, Tammy Rice, Neil Steinagel, Cheryl Wright, Carol Leavitt, Earleen Fox, Joni Hahn, Sue Maerz, Darlene Plautz, Jo Hout, Barb Doering, Rose Mary Cournya, Rose Akey.
Our apologies if we missed anyone.

You truly make a difference in our community and we are very thankful for all you do.



Volunteers Opportunities

Must be able to take directions and work independently.

*Decorating Frames for Memorial Day Cemetery Wreaths.

*Making Memorial Day Wreaths to sell at the Center.

Grants Update

Thank you to the following Foundations for the generous grants awarded to the Enrichment Center for our new facility! You have helped make our community an even better place to be!

**B.A. & Esther Greenheck Foundation
&
Bader Philanthropies**

Memorial Donations

A gift to the MACEC is a wonderful way to honor the memory of a loved one. The memorials are used to support our many community programs.



Committee on Aging Members

Eugene Simon
Art Lersch
S. Peggy Jackelen
Diane Goetsch
Mary Ball
Chris Malm - Alderperson
Gene Bebel
Erin Wells - ADRC Rep.

Our next board meeting
April 27th at 8 am
in the conference room across from the Center.

Community attendance is encouraged!

Mary Ball - Committee Member



I hope everyone had an enjoyable spring break this past month and a blessed Easter!

Committee members continue to recreate the vision and mission statements of the Merrill Enrichment Center. This is an exciting time as the committee and city move forward preparing for a new location that will better serve the changing needs of our community and surrounding area. We are very fortunate for the financial support and encouragement of both private donors and the citizens of Merrill in this endeavor.

Employees and volunteers at the center are often asked, "Who do I contact for this?" or, "Where do I go if I need help with this?" Committee members hope to address this need and I encourage you to take a look at a new feature of the newsletter this month. Each month will feature resource information in response to a specific question that people are inquiring about at the center. There will also be consistent resource information for various services offered not only at the Merrill Enrichment Center, but in our community as well.

While we understand that this information cannot be all inclusive and probably will change, it is a place to start.

Thank you to Tammie and Lorrie for their willingness to provide this service for our community. As always, we welcome community input.

The committee meets the 4th Wednesday of every month at 8:00 am in the Conference Room of MACEC.

Happy Spring Everyone!

Activities

Bus Trips

MS (Multiple Sclerosis) Support Group Tuesday April 19th at 10am

Join us for our new MS support group. Whether you are dealing with MS yourself or have a friend or family member with MS, this group will help you gain a stronger understanding of living with MS and how to help.

Puzzle Table **Brain Fitness Activity**

We are bringing our puzzle table back!
Stop down anytime to work on a puzzle.



This is a great way to keep your mind active and to socialize, both important pieces of overall health and wellness.

We also have puzzles for checkout.

WRITING WORKSHOP **WRITING FROM THE HEART** *No writing experience needed*



Our writing workshop will resume in April or May. Please call the Center or check our newsletters for future dates and times. Thank you!

SPRING BINGO PARTY!! April 21 1:00 a.m.-3:30pm

Wear anything with flowers; hats, scarves, pants, shirts, and shoes.
Prize for the most flowery outfit!



Bingo Games - money paid out based on what we bring in.

Your **\$5 fee** includes
Treats, drinks, Center activity fee,

Spring is here and LILLY is ready to go!



April/May dates will be determined when we have a full bus.

There are 13 seats available per trip.

Wausau Art & History - The Yawkey House Museum, The Woodson History Center, & The Leigh Yawkey Woodson Art Museum

Rawhide Boys Ranch Tour & Lunch
New London, WI

Call the Center to sign up. 715-536-4226

Classes

NEW YEAR NEW CLASS OFFERING! CREATIVE COLORING CLASS Join us for the latest craze in coloring!



The adult coloring book craze that started last year has shown no signs of slowing down!

Not only do you discover your inner creativity but coloring is very therapeutic and a proven stress relief!

Instructor Karen Hanneman will teach the class including color blending and shading.

April 4th 1:00 a.m-3:00 p.m.

April 12th 1:00 a.m. - 3:00 pm

April 21st 10:00am - Noon

April 26th 10:00 a.m.-Noon

Cost of first class is \$5 and \$3 thereafter .
(color pages and pencils will be provided)

A \$2 donation for the Center activity fee is appreciated

Please call the Center to register. 715-536-4226
Walk in's are welcome!



This is Sue.

Every month we hide a picture of Sue somewhere in our newsletter.
Good luck finding her!

New Craft Class! Themed Candy Boxes

Chris Gano will lead the class on how to make these darling candy boxes. She will have a variety of animals for you to choose from. These make great gifts and decorations!



April 13th from 10:30 am – 12 Noon

Please call to register. 715-536-4226

Cost of class is only \$3

A \$2 donation for the Center activity fee is appreciated.

GARAGE QUILT CRAFT CLASS



April 6th, 13th, 20th, and 27th at 12:30

Wooden Garage Quilts

(smaller version of Barn Quilts).

Class meets four days.

Join us for this unique craft class to create your custom garage quilt.

Cost is \$30.00 All materials provided.

Call today for details and to register as space is limited. 715-536-4226

Fitness

ABLE Bodies Balance Training

Exercise Classes with Jane Francoeur



Mondays at 9:30 am

Class Fee; \$4 per session plus
a \$2 donation to Center per session

Please note April 18th is the last day for ABLE Bodies. Classes resume in the fall.

Join us for the upcoming sessions of ABLE Bodies Balance Training, an activity-based program designed to improve balance and mobility for both fit and frail older adults.

Our exercises will help you enhance your ability to maintain balance in completing your everyday tasks.

We also work on flexibility, strength, and cardio-respiratory endurance.

Participants should bring a resistance band or tube.

Class size is limited.

Please call **715-536-4226** to register.

*You can join at any time.

Note: The classes do build upon each other.



Senior Strength

Wednesday at 9:30 am through April 20th

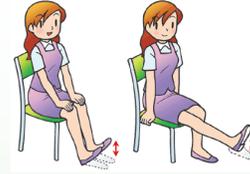
Mondays at 9:30 am from April 25th through summer

Ongoing class. Join any time.

Class Fee; \$4 per session plus
a \$2 donation to Center per session

STAY ACTIVE

Exercise while sitting!



Stay fit while you watch your favorite TV shows .
Here are a few stretches and toning exercises to try.
As always, consult with your physician prior to any exercises.

Shoulder Stretch - Bring your left arm across your chest, holding it below the elbow with your opposite. Keep the shoulders relaxed away from the ears. Breathe deeply and hold. Repeat.

Torso Stretch - Clasp hands together and slowly raise them above your head toward the ceiling. Reach as high as you can while inhaling deeply and hold for 20-30 seconds. Bring your hands down slowly while exhaling.

Core Strength - keep you back straight and engage your abdomen but tightening your stomach and holding for 3-5 seconds, relax and repeat

Legs - sitting with heels on the floor, knees at 90 degrees, alternate lifting your right and left toes up and down. You will feel your calf and thigh muscles at work.

Need an indoor place to walk ?

MHS (Merrill High School) Hallway Walking Times

Monday through Friday from 5:30 - 7:00 am and 3:30-6:30 pm

Parking is on the Sales Street side of the building Enter through Door 1.

PRMS Hallway Walking Times

7:00 am at PRMS enter via door #13 park across the river or street (due to bus)

3:30 pm at PRMS enter via door #13 park near the building (bus should be gone)

Thank you to MHS and PRMS for opening their doors to provide a safe walking location for our community!

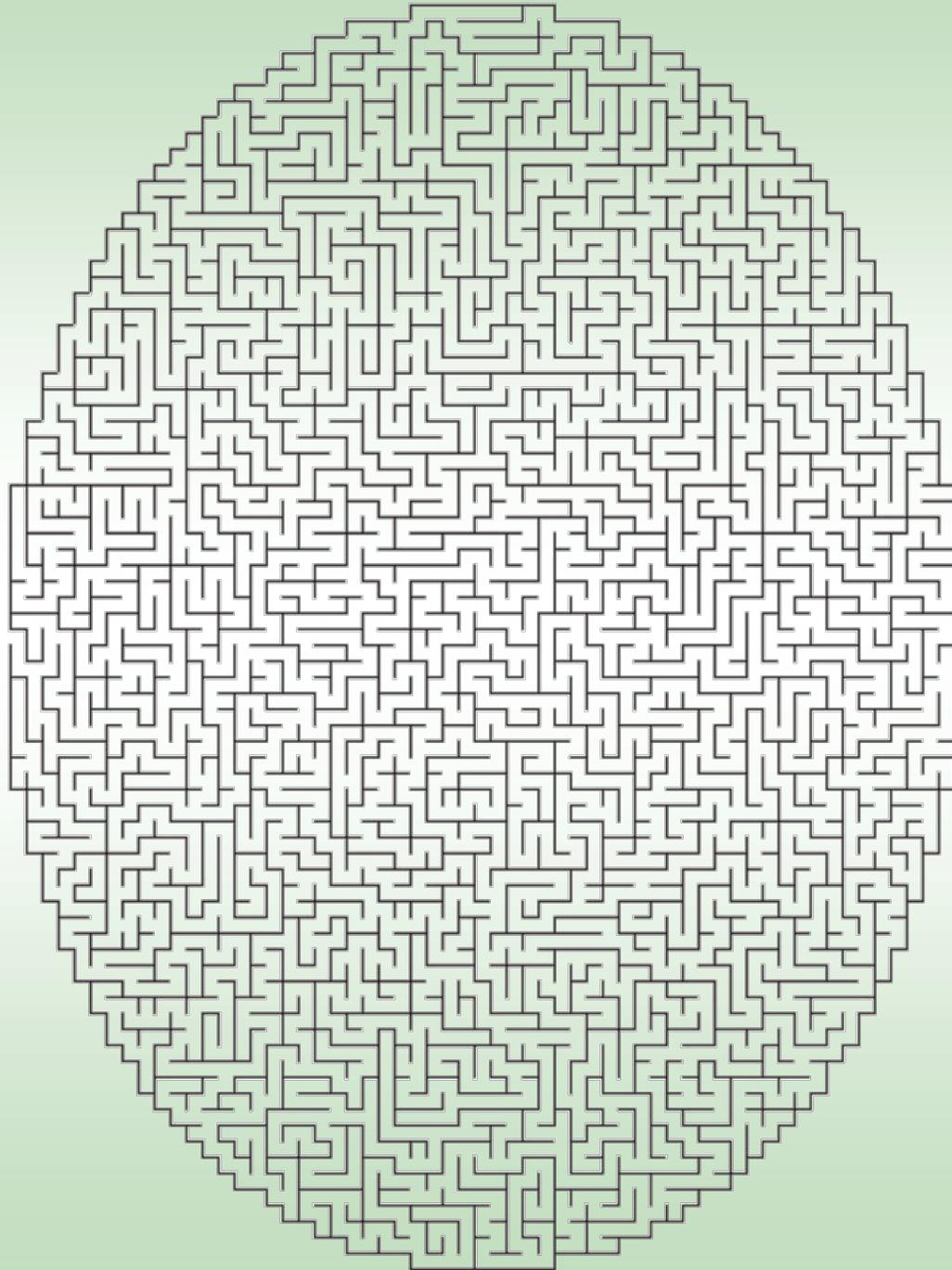


Brain Fitness

Brain fitness is one component of keeping your **Body, Mind, and Spirit** connected! The **five** main components are; physical exercise, proper nutrition, social connections, stress reduction, and mental stimulation!

Easter Egg Maze....Just a little late

Find your way from one side of the egg to the other. Good luck!



Source: <http://freestuff4kids.net/eastermaze.pdf>

Community Offerings

Have you been looking for....?



This new section of our newsletter, recommended and approved by the Enrichment Center Committee, will provide information on where to go for services available in our community. We hope you find this a helpful resource.

WPS Service Assistance and Energy Assistance

St. Vincent de Paul Outreach would be a great starting point for you to call to see if you qualify for these services. They will ask a series of questions and direct you to the proper resources. Two agencies involved with this assistance are Social Services and Community Action Program (CAP).

Call Sue at 715-539-2666

Have you or someone you know:



Become a couch potato? Forgotten when you last exercised? Wanted to get started exercising, but not sure how? Need some extra encouragement?

PALS can help. Physical Activity for Life for Seniors or PALS is an exercise program that helps older adults become and stay physically active. The program is designed for those who do not exercise regularly, but are able to move and participate in a group led class.

10-week Session

Mondays/Wednesdays/Thursdays
April 11-June 16, 2016
Mondays: 9:30-10:30 AM
Wednesdays: 9:30-11:00 AM
Thursdays: 9:30-10:30 AM

Location:

Saint Stephen's United Church
903 E 2nd Street
Merrill, WI 54452

For more information or to register, please contact Jennifer Clark at the Aging and Disability Resource Center: (715) 536-0311 or Jennifer.Clark@adrc-cw.com

Loss of a Loved One



Drop In Bereavement Support Group

Loss of a Loved One is a free support group for those who have lost a loved one through death. It is a time to learn about the grief process, share memories, find support from others and discover new ways to cope with your loss.

Meet at The Enrichment Center

Lower level of Merrill City Hall or at your home.
Please call the Center (715-536-4226) or AseraCare (715-355-4797) to arrange a date and time.



TB Scott Library Movie Day

The *SECOND Friday of every month
1:00 pm at TB Scott Library Community Room.
Refreshments and popcorn provided
courtesy of the MACEC

**Please note change from first to second Friday*



T.B. Scott Library Program Spring has sprung in the TB Scott Outreach program!

We now have an extended library of books, DVDs, and CDs available at the Merrill Enrichment Center for checkout. Simply sign one of the slips, put in the box that Lorri has provided, take home and enjoy!

Circle the calendar for Friday, April 8, 2016 at 1:00pm for our Critics Choice Movie Event. Starring Kevin James and Henry Winkler, this fun, laugh-out-loud movie shows what one school will do to keep teachers during a budget cut crisis! Refreshments graciously provided by the Merrill Enrichment Center.

Do you know someone who is homebound? Are you having a medical procedure that prevents you from getting to the library? Please call T.B. Scott Free Library at 715-536-7191 and arrange to have all your favorite books, movies and music delivered right to your door. Deliveries and pickups are done weekly so you never have to worry about getting materials back. We are reaching out to bring the library to you.

Nutrition

The 10 Best Anti-Inflammatory Foods To Keep On Hand

Prevention Magazine Feb. 22, 2016

By Stephanie Eckelkamp

Inflammation has become an absolute epidemic. Sure, at its most basic, it's our body's response to outside irritants, a natural part of our immune system without which our wounds wouldn't heal. But thanks to increasingly high stress levels and an over-reliance on processed foods, many of us are plagued with chronic inflammation—the nasty variety that disrupts the body's natural balance, upping the risk for everything from acne and allergies, to intestinal issues, neurological disorders, autoimmune diseases, and joint pain.

Here are 10 of the very best foods to keep in rotation to fight off toxins and inflammation

Olive Oil - Olive oil is a rich source of polyphenols, which provide both anti-inflammatory and antioxidant benefits. Try to use extra-virgin olive oil for most of your cooking



Herbs & Spices - Some stand-out picks: **cinnamon**, which has been shown to reduce bloating and stabilize blood sugar; **turmeric**, which packs proven anti-inflammatory and anticancer properties; **oregano**, which has antibiotic properties; and **rosemary** and **lavender**, which have been shown to calm anxiety and ease pain



Garlic & Onion - Since these foods aren't fully digested in the gut, the remaining material feeds the good bacteria living in our intestines, resulting in a healthier gut—and it's through this process that they boost the immune system and lower inflammation.

Dark Chocolate - 70% cocoa or more—may be the one truly guilt-free dessert. Research has shown it improves blood flow, helps reduce blood pressure, and improves the body's response to a carbohydrate-heavy meal by improving insulin sensitivity, thereby helping prevent the onset of diabetes if consumed regularly in small quantities, or about 1 oz. per day

Avocados - Research shows that avocados reduce inflammation, blood sugar, and cholesterol and lessen the pain associated with osteoarthritis and rheumatoid arthritis.

Cruciferous Veggies - These vegetables are packed with sulforaphanes, which offset inflammation by enhancing phase two detoxification in the liver and include arugula, bok choy, broccoli, brussel sprouts, cabbage, cauliflower, collard greens, kale, kohlrabi, mustard greens, and watercress.

Citrus Fruits - Citrus flavonoids have also been shown to neutralize free radicals, potentially preventing the growth of cancer cells. Their inflammation-fighting properties are found in the skin as well as the juice and flesh - so don't forget to use that zest!



Grass Fed Meats - In fact, pasture-raised chickens, pigs, lambs, and cows have higher levels of anti-inflammatory omega-3 fatty acids and lower levels of pro-inflammatory omega-6 fatty acids than corn-fed animals.

Eggs - Eggs help offset inflammation because they contain the potent carotenoids zeaxanthin and lutein (both good for vision), as well as choline (good for brain and heart function). Always buy organic—and preferably "pasture-raised" - as these have higher levels of omega-3 fatty acids.

Fatty Fish - Ideally, adults should eat three servings of cold-water fish such as salmon, sardines, anchovies, and herring - all of which contain low levels of mercury and high amounts of polyunsaturated fatty acids.

Community Meal



Please join us for our community meal
Thursdays at noon at the Center.
Enjoy time with friends and family
for a delicious meal!
Please call to sign up by Monday of the week
you are attending.

We *thank you* for your **goodwill donation** to cover the costs of the meals
and keep the program running for years to come!



April Menu
TBD

Meals on the following dates:

April 7th
April 14th
April 28th

No meal on the 21st

Our produce give-away will no
longer be available.
We are very sorry and are working
toward a solution



April Recipe - Easter Leftovers Frittata

"Leftover ham from the big dinner? Bought more eggs than your kids could boil and color? Open the fridge and throw together this pasta frittata: an easy one-pan dinner that's sure to please. Serve with heated spaghetti sauce on top, if desired."

Ingredients

6 ounces angel hair pasta
1 tablespoon olive oil
1 large sweet onion, peeled and chopped
1 green bell pepper, chopped
1 cup frozen corn kernels, thawed
1 cup cooked ham, diced
8 eggs, beaten
salt and pepper to taste



Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Heat olive oil in a skillet or frying pan. Add onion and sauté until clear. Stir in green pepper; cook until soft. Add the cooked pasta and chopped ham; toss well to combine. Pour in the eggs and season with salt and pepper. Cook until firm on one side; flip and cook until firm on the other side. You may split the frittata with a spatula to make the flipping easier.

Recipe By: LGUROWITZ ALL RIGHTS RESERVED © 2016 Allrecipes.com

Printed From Allrecipes.com 3/7/2016

April 2016



Monday	Tuesday	Wednesday	Thursday	Friday
4. ABLE Bodies 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4) Creative Coloring 1:00	5. Quilting Club 12:30 Sheephead 1:00	6.. Senior Strength 9:30 Garage Quilts 12:30 Dominos 1:00	7.. Community Meal 12:00	Second Friday Movie Day Library 1:00 p.m. CENTER CLOSED FRIDAYS
11. ABLE Bodies 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	12. Quilting Club 12:30 <i>Reading Buddies Pine River School 12:45</i> Creative Coloring 1:00 Sheephead 1:00 <i>Caregiver Support Group Bell Tower 6:00</i>	13. Senior Strength 9:30 Gift Box Craft Class 10:30 Garage Quilts 12:30 Dominos 1:00	14. Community Meal 12:00	
18. ABLE Bodies 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4) High School Friends 1:00	19. MS Support Group 10:00 Quilting Club 12:30 Sheephead 1:00	20. Senior Strength 9:30 Garage Quilts 12:30 Dominos 1:00	21. NO COMMUNITY MEAL Creative Coloring 10:00 BINGO 1:00	
25. Senior Strength 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	26. Creative Coloring 10:00 Quilting Club 12:30 Sheephead 1:00	27. Committee Meeting Public welcome 8:00 Garage Quilts 12:30 Dominos 1:00	28. Community Meal 12:00	
<p>Our Quilting room is always available for volunteers to help with current projects during business hours Mon-Thurs 8:00 am– 4:30pm. Feel free to call the Center prior to stopping down and we will let you know what we are working on.</p>				